



### UČNI NAČRT PREDMETA / COURSE SYLLABUS

<b>Ime predmeta:</b>	Vplivi okolja in zdravje
<b>Course title:</b>	Environment and health

Študijski program in stopnja Study programme and cycle	Študijska smer Study option	Letnik Year of study	Semester Semester
Splošna medicina, enovit magistrski študijski program		Peti	9.
General medicine, Uniform master's degree study program		Fifth	9th

**Vrsta predmeta (obvezni ali izbirni) /  
Course type (compulsory or elective)**

obvezni

compulsory

**Univerzitetna koda predmeta / University course code:**

Predavanja Lectures	Seminar Seminar	Vaje Tutorial			Klinične vaje Clinical training	Druge oblike študija Other forms of study	Samost. delo Individual work	ECTS
25	20	AV	LV	RV	15		60	4

**Nosilec predmeta / Course coordinator:**

Red. prof. dr. Ivan Eržen

Red. prof. dr. Radovan Hojs (sonosilec)

Red. prof. dr. Dušanka Mičetić-Turk (sonosilka)

**Jeziki /Languages:**

**Predavanja / Lectures:** slovenski/slovene

**Vaje / Tutorial:** slovenski/slovene

**Pogoji za vključitev v delo oz. za opravljanje študijskih obveznosti:**

**Prerequisites for enrolling in the course or for performing study obligations:**

**Vsebina (kratek pregled učnega načrta):**

Predmet Vplivi okolja in zdravje je interdisciplinarni predmet, sestavljen iz treh področij:

**a) Okoljska medicina**

V okviru predmeta OKOLJSKA MEDICINA bodo študenti spoznali zgodovinski razvoj ter pomen in vpliv družbenega okolja za razvoj tega področja.

Predstavljen bo pomen medsebojnega ravnovesja med okoljem, osebami in posameznimi dejavniki, ki vplivajo na zdravje. Seznanili se bodo z različnimi adaptacijskimi mehanizmi. V okviru predmeta bodo prikazni

**Content (syllabus outline):**

Subject "Environment and Health" is interdisciplinary, and covers three fields:

**a) Environmental medicine**

Within the ENVIRONMENTAL MEDICINE course a student will introduce historical development of the discipline. The interrelationship between environment, individuals and risk factors will be presented. Special emphasis will be given to different levels of adaptation. Main risk factors in living and working environment will be presented as well.

najpomembnejšimi dejavniki delovnega in bivalnega okolja.

Spoznali bodo nekatere primere škodljivega delovanja dejavnikov delovnega in bivalnega okolja na zdravje.

Seznani se bodo s temeljnimi načini ukrepanja na področju zmanjševanja delovanja škodljivih dejavnikov v delovnem in bivalnem okolju. Spoznali bodo specifične pristope v okviru medicine dela za zgodnje odkrivanje nevarnosti, povezane z delom ter načine s katerimi država in delodajalci zmanjšujejo ogroženost zdravja zaposlenih.

### **b) Geriatrija**

Študent naj spozna proces staranja in epidemiološke podatke, ki so povezani s starostjo in boleznimi v starosti. Študent spozna najpomembnejše bolezni tega obdobja, poseben poudarek je na boleznih, ki so glavni vzrok smrti (srčno-žilne bolezni, rak, itd). Seznani se s posebnostmi zdravljenja starostnika. Spozna problem nezmožnosti (disability) starostika in možnosti prevence bolezni pri starostniku.

### **c) Klinična prehrana**

-Ocena prehranskega stanja -uporaba in analiza dietnega dnevnika, klinična in biokemijska analiza stanja prehranjenosti, prehranski vnos glede na sestavo po posameznih skupinah hranil in energetske vnos, ocena ustreznosti vnosa .

-Nutraceutiki in njihov pomen za zdravje

- Pomen probiotikov , prebiotikov in antioksidantov v prehrani

- Sodobne smernice prehrane dojenčkov, prešolskih in šolskih otrok ter odraslih

- Enteralna in parenteralna prehrana

- Prehranska modulacija in imunske funkcije

-Prehrana akutno bolnih ( napr. akutni gastroenteritis)

-Prehrana kritično bolnih( napr. KVČB, ledvične bolezni..)

-Motnje hranjenja in prehranska podpora teh bolnikov

-Načrtovanje prehrane akutno in kronično bolnih bolnikov in planiranje klinične dietoterapije

Students will deal with different case studies where the health impairment was caused by exposure to hazardous factors in environment.

Students will become aware of importance of introduction of effective measures for ensuring healthy life style and work environment.

The students will get an overview of basic measures implemented by government in order to reduce harmful exposures to living and working environment.

### **b) Geriatrics**

Students should learn about the process of aging and epidemiological data and diseases related to old age. Student are introduced to the most important diseases of old age, with accent on the illnesses which are main cause of death (cardiovascular diseases, cancer, etc.), as well as to the particularities in treatment of the elderly. Students recognise problem of disability and possibilities of prevention in the elderly.

### **c) Clinical nutrition**

- Assessment of nutritional status – use and analysis of diet journal( interview),clinical and biochemical analysis of nutritional status, nutritional intake regarding composition by individual nutrient groups and energy intake,intake adequacy assesment

- Nutrition in childhood and the most common gastrointestinal disorders in connection with the food

-Nutraceuticals and their importance for health

- The importance of probiotics, prebiotics and antioxidants in nutrition

-Contemporary guidelines for nutrition of infants,preschool and school children as well as the adults

-Enteral and parenteral nutrition

-Nutritional modulation and immune functions

-Nutrition of acute illpatients ( i.e. Ac.gastroenteritis)

-Nutrition of critically ill patients ( IBD, renal diseases)

-Eating disordersand nutritional suport of these patients

-Planning nutrition of acute and chronic ill patients and planning of diet therapy

**Temeljni literatura in viri / Reading materials:**

### **a) Okoljska medicina**

1. ERŽEN, Ivan, GAJŠEK, Peter, HLASTAN-RIBIČ, Cirila, KUKEC, Andreja, POLJŠAK, Borut, ZALETEL-KRAGELJ, Lijana. Zdravje in okolje : izbrana poglavja. 1. izd. Maribor: Medicinska fakulteta, 2010

### **b) Geriatrija**

1. Košnik M, Štajer D, Jug B, Kocjan T, Koželj M, ur. Interna medicina. 6. izd. Ljubljana: Medicinska fakulteta; 2022.
2. Woodford H. Essential Geriatrics. 4th ed. Boca Raton, FL.: CRC Press; 2022.
3. Chun A, ed. Geriatric Practice: A Competency Based Approach to Caring for Older Adults. Cham: Springer; 2020.

### **c) Klinična prehrana**

- 1.Študijsko gradivo- zapiski predavanj/ Course material- lecture notes
- 2.Slovensko združenje za Klinično prehrano in Ministrstvo za zdravje R Slovenije, Klinična prehrana, 2017
- 3.Bendich A.,DeckelbaumR.J., Preventive nutrition. The Comprehensive Guide for Health Professionals. Humana Press, Totowa NJ.2014
- 4.Garrow JS,James WPT, Ralph A., Human Nutrition and Dietetics.10th edition. Churchil Livingstone , Harcourt Publishers Limited, 2005
5. Krause and Mahan's food & the nutrition care process / [edited by] Janice L. Raymond, Kelly Morrow. 15th ed.. St. Louis, Missouri, 2021.
- 6.Kleinman R.E.,Greer F.R., Pediatric Nutrition,( 7th ed ),American Academy of Pediatrics, 2014

Dodatna literatura:

A.S.P.E.N. and E.S.P.E.N. guidelines

Strokovne publikacije v periodiki

### **Cilji in kompetence:**

#### **a) Okoljska medicina**

Študentke in študenti bodo spoznali vplive širšega in ožjega bivalnega okolja ter delovnega okolja na človekovo zdravje, bodisi v dobrem-pozitivnem, bodisi v slabem-negativnem smislu. Cilj predmeta je približati razumevanje pomena zagotavljanja osnovnih predpogojev za zdravo življenjsko in delovno okolje. Namen predmeta je tudi študentom pomagati razumeti specifične metode dela pri odkrivanju in obvladovanju škodljivosti v delovnem in bivalnem okolju.

#### **b) Geriatrija**

Študent naj spozna možnosti ohranjanja starostnikovega zdravja. Spozna naj specifičnost bolezenskih procesov oz. bolezni pri starostniku (efekt domin).

#### **c) Klinična prehrana**

Cilji : poznavanje prehrane za vzdrževanje zdravja in za različna bolezenska stanja in motnje hranjenja

### **Objectives and competences:**

#### **a) Environmental medicine**

Students should know the importance and influence of living and work environment to the health of an individual. The specific objective is to help students to understand the importance of ensuring all basic requirements for healthy living and work environment. Further on the subject aims to improve the theoretical knowledge on specific methods and approaches usually applied in order to identify and manage risk factors in living and work environment.

#### **b)Geriatrics**

Student recognises abilities how to sustain life of an elderly person and specificity of disease processes. Illnesses in elderly (domino effect)

#### **c) Clinical nutrition**

Objectives: knowledge of nutrition to maintain health and disease states, and eating disorders

Splošne kompetence:

Razumevanje konceptov znanstvenih izhodišč klinične prehrane in dietetike, ki študenta usmerjajo k analiziranju in reševanju problemov.

Razvijanje zmožnosti za iskanje, izbiro in uporabo relevantnih podatkov in najnovejših informacij iz področja prehrane

Predmetno specifične kompetence:

Študent zna oceniti stanje prehranjenosti bolnika.

Študent zna prepoznati osnovne simptome, pozna diagnostične postopke in principe zdravljenja bolezni ter najprimernejšo obliko prehrane pri določeni bolezni vključno z vsemi oblikami umetne prehrane

Razvija sposobnosti sodelovanja v multidisciplinarnem timu

Razvija sposobnosti raziskovanja, dokumentiranja, analize rezultatov, prikaza rezultatov in njihove objave v strokovni /znanstveni literaturi

General competences:

Understanding the concepts of scientific platform clinical nutrition and dietetics, which guide the student to analyze and solve problems.

Developing capabilities for search, selection and use of relevant data and the latest information from the field of nutrition

Subject-specific competencies:

The student is able to assess the nutritional status of the patient.

The student is able to identify basic symptoms familiar with diagnostic procedures and principles of treatment of the disease and the best form of nutrition for certain diseases including all forms of artificial nutrition

Develops the capacity to participate in multidisciplinary team

Develop the ability to research, documentation, analysis of the results, display results and their publication in professional / scientific literature

### **Predvideni študijski rezultati:**

Znanje in razumevanje:

#### **a) Okoljska medicina**

Študentke in študenti bodo:

- poznali pomen in vlogo okoljske medicine in medicine dela v zgodovini in sedanjosti,
- poznali pristope, probleme in rešitve pri pridobivanju podatkov za raziskave v okviru okoljske medicine in medicine dela,
- sposobni opraviti osnovno oceno tveganja ob upoštevanju različnih načinov izpostavljenosti škodljivim dejavnikom,
- poznali vrste in obseg problemov v okviru okoljske medicine in medicine dela v Sloveniji in v svetu,
- poznali osnovne pristope in ukrepe za obvladovanje problemov v okviru okoljske medicine in medicine dela.

#### **b) Geriatrija**

### **Intended learning outcomes:**

Knowledge and Understanding:

#### **a) Environmental medicine**

On the completion of this course student will:

- understand the importance and role of environmental and occupational medicine in the past and present,
- introduce basic approaches, problems and solutions in collecting relevant data in environmental and occupational medicine,
- be able to conduct a risk assessment process considering different routes and intensity of exposure,
- be familiar with main problems in environmental and occupational medicine in Slovenia,
- will learn about basic approaches and measures in management of problems in environmental and occupational medicine.

#### **b) Geriatrics**

Študent spoznava »zdravo« starost – stanje, ki ni bolezen. Razumeti pa mora starost tudi kot stanje povečane dovzetnosti za bolezenske procese kot tudi, da bolezen pri starostniku poteka drugače (težje, sočasna prizadetost več organskih sistemov, itd.)

### **c) Klinična prehrana**

Študent razume pomen prehrane v zdravju in bolezni  
Pozna osnove učinkov hrane na bolezenske procese in razume patofiziološko dogajanje pri različnih motnjah

Prenesljive/ključne spretnosti in drugi atributi:

#### **a) Okoljska medicina**

Študentke in študenti bodo:

s pridobljenim znanjem in veščinami lahko sodelovali pri ugotavljanju razširjenost zdravstvenih problemov in stanj, povezanih z negativnimi dejavniki v delovnem in bivalnem okolju ter pri proučevanju vzroke zanje, iskanju ukrepov za obvladovanje posledic ter pri ocenjevanju učinkovitost teh ukrepov,

usposobljeni za interdisciplinarni pristop, načrtovanje in celovito obvladovanje procesov na področju zagotavljanja zdravega delovnega in bivalnega okolja,

usposobljeni za pridobivanje informacij na področju okoljske medicine in medicine dela s pomočjo spleta, literature in drugih virov podatkov in informacij ter za timsko delo.

#### **b) Geriatrija**

Zgodnja spoznava vulnerabilnosti starostnika in kompleksnost bolezenskih procesov

### **c) Klinična prehrana**

Pozna različne načine prehranske podpore bolnikov in zna načrtovati prehrano

Ima teoretično podlago za sodelovanje pri raziskovalnem delu.

### **Metode poučevanja in učenja:**

#### **a) Okoljska medicina**

Predavanja, seminarji, študij primerov, diskusije, nastopi, delo v manjših skupinah, reševanje konkretnih problemov, individualne naloge.

Student learn about »healthy old age« - a state not being a disease. Students have to recognise an old age as state prone to illnesses, whose course is different (more severe, at the same time more systems are affected, etc.)

### **c) Clinical nutrition**

Student understand the role of nutrition for health and for different pathological conditions

Student know the basic concepts of the effects of food to different diseases and understand the patophysiological processes in different disorders

Transferable/Key Skills and other attributes:

#### **a) Environmental medicine**

The students will:

be able to recognize and understand approaches and problems in conducting assessment of public health problems arising due to exposure to negative risk factors in working and living environment,

be able to work in a multidisciplinary team in the planning process and conducting a comprehensive process for ensuring healthy work and living environment, capable for gathering data and information in the field of environmental and occupational medicine from the web and different other credible sources.

#### **b) Geriatrics**

An early detection of vulnerability of an old person and complexity of illness processes

### **c) Clinical nutrition**

Student have to know the different types of nutritional support and know planning nutrition

Student have the theoretical foundation to collaborate in research work

### **Learning and teaching methods:**

#### **a) Environmental medicine**

Lectures, seminars, case study, student's presentations, small group work, consultations, team work, individual work.

<b>b) Geriatrija</b> Predavanja služijo kot osnova, ki jo študent nadgradi z aktivnim sodelovanjem pri seminarjih.	<b>b) Geriatrics</b> <u>Lectures are the basis, which is upgraded with active participation in seminars.</u>
<b>c) Klinična prehrana</b> Predavanja Seminarske vaje –sodelovanje z gosti iz prakse	<b>c) Clinical nutrition</b> Lectures Seminar tutorial-including guests from practice

Načini ocenjevanja:	Delež (v %) / Share (in %)	Assessment methods:
Način (pisni izpit, ustno izpraševanje, naloge, projekt): <b>a) Okoljska medicina</b> Kolokvij  <b>b) Geriatrija</b> kolokvij  <b>c) Klinična prehrana</b> kolokvij  ŠTUDIJSKE OBVEZNOSTI ŠTUDENTOV <b>a) Okoljska medicina:</b> 80% udeležba na predavanjih, seminarjih in vajah <b>b) Geriatrija:</b> 80% udeležba na seminarjih <b>c) Klinična prehrana</b> 80% udeležba na predavanjih, seminarjih in vajah  POGOJI ZA PRISTOP K POSAMEZNEMU PREVERJANJU ZNANJA <b>a) Okoljska medicina:</b> 80% udeležba na predavanjih, seminarjih in vajah <b>b) Geriatrija:</b> 80% udeležba na seminarjih <b>c) Klinična prehrana</b> 80% udeležba na seminarjih	50   25   25	Type (examination, oral, coursework, project): <b>a) Environmental medicine</b> Partial exam  <b>b) Geriatrics</b> Partial exam  <b>c) Clinical nutrition</b> Partial exam  ACADEMIC OBLIGATIONS OF STUDENTS: <b>a) Environmental medicine</b> 80% Participation at lectures and seminars <b>b) Geriatrics</b> 80% Participation at seminars <b>c) Clinical nutrition</b> 80% Participation at seminars  REQUIREMENTS FOR ACCESS TO INDIVIDUAL KNOWLEDGE CHECKING: <b>a) Environmental medicine</b> 80% Participation at lectures and seminars <b>b) Geriatrics</b> 80% Participation at seminars <b>c) Clinical nutrition</b> 80% Participation at seminars

**Reference nosilca / Course coordinator's references:**

<b>IVAN ERŽEN:</b> GALIČIČ, An, ROŽANEC, Jan, KUKEC, Andreja, CARLI, Tanja, MEDVED, Sašo, ERŽEN, Ivan. Identification of indoor air quality factors in Slovenian schools : national cross-sectional study. <i>Processes</i> . [Online ed.]. 2023, vol. 11, iss. 13, 16
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2. GILLES, Liese, ERŽEN, Ivan, HORVAT, Milena, JANEV HOLCER, Natasa, MAZEJ, Darja, SNOJ TRATNIK, Janja, VOGEL, Nina, et al. Harmonization of human biomonitoring studies in Europe : characteristics of the HBM4EU-aligned studies participants. *International journal of environmental research and public health*. [Online ed.]. 2022, vol. 19, no. 11, str. 6787-1-6787-23. ISSN 1660-4601. DOI: [10.3390/ijerph19116787](https://doi.org/10.3390/ijerph19116787). [COBISS.SI-ID [110184451](https://www.cobiss.si/id/110184451)], [JCR, SNIP, WoS do 14. 4. 2023: št. citatov (TC): 19, čistih citatov (CI): 12, čistih citatov na avtorja (CIAu): 0,67, [Scopus](https://www.scopus.com) do 14. 4. 2023: št. citatov (TC): 23, čistih citatov (CI): 11, čistih citatov na avtorja (CIAu): 0,62]

3. ŠÖMEN JOKSIĆ, Agnes, SNOJ TRATNIK, Janja, MAZEJ, Darja, KOCMAN, David, STAJNKO, Anja, ERŽEN, Ivan, HORVAT, Milena. Polycyclic aromatic hydrocarbons (PAHs) in men and lactating women in Slovenia Results of the first national human biomonitoring : results of the first national human biomonitoring. *International journal of hygiene and environmental health*. 2022, vol. 241, str. 113943-113943-14. ISSN 1438-4639. DOI: [10.1016/j.ijheh.2022.113943](https://doi.org/10.1016/j.ijheh.2022.113943). [COBISS.SI-ID [96619267](https://www.cobiss.si/id/96619267)], [JCR, SNIP, WoS do 30. 3. 2023: št. citatov (TC): 2, čistih citatov (CI): 2, čistih citatov na avtorja (CIAu): 0,29, [Scopus](https://www.scopus.com) do 5. 4. 2023: št. citatov (TC): 4, čistih citatov (CI): 3, čistih citatov na avtorja (CIAu): 0,43]

4. JEREB, Gregor, ERŽEN, Ivan, ODER, Martina, POLJŠAK, Borut (avtor, korespondenčni avtor). Phosphate drinking water softeners promote Legionella growth. *Journal of water and health*. 2022, vol. 20, no. 7, str. 1084-1090, ilustr. ISSN 1996-7829. <https://iwaponline.com/jwh/article/20/7/1084/89592/Phosphate-drinking-water-softeners-promote>, DOI: [10.2166/wh.2022.055](https://doi.org/10.2166/wh.2022.055). [COBISS.SI-ID [118381059](https://www.cobiss.si/id/118381059)], [JCR, SNIP, WoS do 24. 2. 2023: št. citatov (TC): 1, čistih citatov (CI): 1, čistih citatov na avtorja (CIAu): 0,25, [Scopus](https://www.scopus.com) do 28. 3. 2023: št. citatov (TC): 1, čistih citatov (CI): 1, čistih citatov na avtorja (CIAu): 0,25]

5. HRŽENJAK, Vesna Viher, KUKEC, Andreja, ERŽEN, Ivan, STANIMIROVIĆ, Dalibor. Effects of ultrafine particles in ambient air on primary health care consultations for diabetes in children and elderly population in Ljubljana, Slovenia : a 5-year time-trend study. *International journal of environmental research and public health*. [Online ed.]. Jul. 2020, vol. 17, iss. 14, str. 1-19, ilustr. ISSN 1660-4601. <https://www.mdpi.com/1660-4601/17/14/4970>, DOI: [10.3390/ijerph17144970](https://doi.org/10.3390/ijerph17144970). [COBISS.SI-ID [23124995](https://www.cobiss.si/id/23124995)], [JCR, SNIP, WoS do 2. 10. 2022: št. citatov (TC): 2, čistih citatov (CI): 2, čistih citatov na avtorja (CIAu): 0,50, [Scopus](https://www.scopus.com) do 29. 11. 2022: št. citatov (TC): 3, čistih citatov (CI): 2, čistih citatov na avtorja (CIAu): 0,50]

#### RADOVAN HOJS

1. Physicians' responsibility toward environmental degradation and climate change: A position paper of the European Federation of Internal Medicine. Campos L, Barreto JV, Bassetti S, Bivol M, Burbridge A, Castellino P, Correia JA, Durusu-Tanriöver M, Fierbinteanu-Braticevici C, Hanslik T, Heleniak Z, Hojs R, Lazebnic L, Mylona M, Raspe M, Melo JQE, Pietrantonio F, Gans R, Pálsson R, Montano N, Gómez-Huelgas R, Dicker D. *Eur J Intern Med*. 2022 Oct;104:55-58. doi: [10.1016/j.iejim.2022.08.001](https://doi.org/10.1016/j.iejim.2022.08.001). Epub 2022 Aug 31. PMID: 36055953

2. The Role of Vascular Lesions in Diabetes Across a Spectrum of Clinical Kidney Disease. Rodríguez-Rodríguez R, Hojs R, Trevisani F, Morales E, Fernández G, Bevc S, Cases Corona CM, Cruzado JM, Quero M, Navarro Díaz M, Bettiga A, Di Marco F, López Martínez M, Moreso F, García Garro C, Khazim K, Ghanem F, Praga M, Ibernón M, Laranjinha I, Mendonça L, Bigotte Vieira M, Hornum M, Feldt-Rasmussen B, Fernández-Fernández B, Concepción PF, Negrín Mena N, Ortiz A, Porrini E; DIABESITY working group of the ERA. *Kidney Int Rep*. 2021 Jun 12;6(9):2392-2403. doi: [10.1016/j.ekir.2021.06.001](https://doi.org/10.1016/j.ekir.2021.06.001). eCollection 2021 Sep. PMID: 34514200 Free PMC article.

3. A randomized multicenter trial on a lung ultrasound-guided treatment strategy in patients on chronic hemodialysis with high cardiovascular risk. Zoccali C, Torino C, Mallamaci F, Sarafidis P, Papagianni A, Ekart R, Hojs R, Klinger M, Letachowicz K, Fliser D, Seiler-Mußler S, Lizzi F, Wiecek A, Miskiewicz A, Siamopoulos K, Balafa O, Slotki I, Shavit L, Stavroulopoulos A, Covic A, Siritopol D, Massy ZA, Seidowsky A, Battaglia Y, Martinez-Castelao A, Polo-Torcal C, Coudert-Krier MJ, Rossignol P, Fiaccadori E, Regolisti G, Hannedouche T, Bachelet T, Jager KJ, Dekker FW, Tripepi R, Tripepi G, Gargani L, Sicari R, Picano E, London GM. *Kidney Int*. 2021 Dec;100(6):1325-1333. doi: [10.1016/j.kint.2021.07.024](https://doi.org/10.1016/j.kint.2021.07.024). Epub 2021 Aug 19. PMID: 34418415 Clinical Trial.

4. Diabetic patients with chronic kidney disease: Non-invasive assessment of cardiovascular risk. Piko N, Bevc S, Ekart R, Petreski T, Vodošek Hojs N, Hojs R. *World J Diabetes*. 2021 Jul 15;12(7):975-996. doi: [10.4239/wjd.v12.i7.975](https://doi.org/10.4239/wjd.v12.i7.975). PMID: 34326949 Free PMC article. Review.

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